

INDIVIDUAL CONFIDENTIAL CONSULTATION



ESP Counselors are available to consult in person or by phone with employees or their eligible family members who are experiencing grief related concerns. An ESP Counselor will objectively listen to your concerns and feelings, and assist with identifying options, developing an action plan and referring to resources and outside support systems as needed. Counselors also provide supportive follow up contacts to ensure that the referrals have been helpful and to determine if additional services may be needed.

ESP office hours are 8:00 AM to 5:00 PM, Monday through Friday (except state holidays). Employees can call to immediately speak with a counselor or to schedule an appointment for a more convenient time. They may also just walk-in to one of our offices to speak with a counselor. All ESP services are confidential, free and voluntary.

For urgent mental health situations 24 hours 7 days a week, employees covered by the state health plan PPO should contact Magellan of Michigan at 1-866-503-3158. Employees who belong to an HMO may call their HMO for assistance in selecting and contacting a provider. The HMO telephone number to call for assistance is located on the back of the HMO insurance card.

In the event of a life-threatening emergency you should go immediately to the nearest emergency room. Your local police can be contacted at 911 for assistance if needed.

Lansing Office:

Capitol Commons Center
400 S. Pine, Suite 103
Lansing, MI 48909
517-373-7630

Detroit Office:

Cadillac Place Building
3068 W. Grand Blvd., Suite 4-300
Detroit, MI 48202
313-456-4020

Toll free 800-521-1377